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1. In a messaging system providing access for authorized users to pre-stored messages, wherein at least one of said pre-stored messages includes multiple message portions constituting an initial message and one or more attachments to said initial message, a method for providing access to selected portions of said pre-stored messages comprising the steps of:

providing a signal to a user indicative of at least one of said pre-stored messages being available for access by said user;

upon selection by said user of an available pre-stored message which includes multiple message portions, providing said user a different signal indicating that said selected pre-stored message includes both an initial message and one or more attachments;

providing a user option for selecting one message portion from a selected prestored message which includes an initial message with one or more attachments; and upon selection by a user of said one message portion of said selected pre-stored message, causing only said selected portion to be provided to said user.

2. The method for providing access of claim 1 wherein said user option for selection of said one message portion includes an initial selection choice between said initial message and said attachments.

- 3. The method for providing access of claim 2 wherein an exercise of said initial selection choice in favor of said attachments provides a further option to select a given one of said attachments associated with said selected pre-stored message.
- 4. The method for providing access of claim 3 wherein said selection of said given one of said attachments is iteratively repeated to select additional ones of said attachments associated with said selected pre-stored message.
- 5. The method for providing access of claim 1 wherein at least one of said user selection steps is initiated by said user in response to a prompt generated by said messaging system.
- 6. The method for providing access of claim 5 wherein said user response includes an interrupt signal to said system prompt.
- 7. The method for providing access of claim 5 wherein said user response is manifested by engaging a pre-designated key on a keypad associated with said messaging system.
- 8. The method for providing access of claim 5 wherein selectable portions of said pre-stored messages are stored in a memory associated with a computer processor, and said user response is manifested by selection of said desired message portion via a graphical user interface associated with said computer processor.
- 9. The method for providing access of claim 1 wherein said messaging system is a voice mail system.

- 10. The method for providing access of claim 9 wherein said provision of said selected portion to said user is implemented via an audio playback of said selected portion.
- 11. The method for providing access of claim 1 further including a user option to return to a start position upon initiation by said user of a pre-designated interrupt signal.
- 12. The method for providing access of claim 1 wherein said pre-stored messages are formatted in the form of header and body records, and wherein said header section includes address, location and status information and said body section includes message content.
- 13. The method for providing access of claim 12 wherein, for a pre-stored message including attachments, said header section for an attachment includes a pointer to its associated initial message.
- 14. The method for providing access of claim 1 wherein said pre-stored messages may be coded to restrict selection of one or more portions of a message so coded to a predetermined number of user-selection operations.
- 15. The method for providing access of claim 1 wherein said pre-stored messages may be coded to restrict a forwarding of one or more portions of a message so coded to one or more identified users.

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16. A messaging system for providing authorized users of said system with access to selected portions of pre-stored messages, wherein at least one of said pre-stored messages includes a plurality of message portions constituting an initial message and one or more attachments to said initial message, said system comprising:

message available indicator operative to provide a signal to a user of at least one of said pre-stored messages being available for access by said user;

input device responsive to user input to select an available message for further processing by said system;

message attachments indicator operative provide a signal to said user indicating that a selected available message includes at least one attachment;

selection interface operating in conjunction with said input device for providing said user an option to select a desired portion of a message that includes attachments, and for accepting a signal from said user identifying said selected desired portion; and output device for providing said selected desired portion to said user.

- 17. The messaging system of claim 16 wherein said selection interface is operative to provide said user an initial selection choice between said initial message and said attachments.
- 18. The messaging system of claim 17 wherein said selection interface provides a further option to select a given one of said attachments associated with said selected pre-stored message.

- 19. The messaging system of claim 18 wherein, upon selection by said user of said given one of said attachments, said selection interface further provides an option to repeatedly select additional ones of said attachments.
- 20. The messaging system of claim 16 wherein said input device includes a keypad.
- 21. The messaging system of claim 16 a further including a computer processor, an associated memory and an associated graphical user interface, wherein selectable portions of said pre-stored messages are stored in said memory and said user selection of a desired message portion is manifested via said graphical user interface.
- 22. The messaging system of claim 16 wherein said system is configured for storing and processing voice mail.
- 23. The messaging system of claim 22 wherein said output device is configured as an audio playback device.
- 24. The messaging system of claim 16 further including a coding means operative to code said pre-stored messages to restrict selection of one or more portions of a message to a predetermined number of user-selection operations.
- 25. The messaging system of claim 16 further including a coding means operative to code said pre-stored messages to restrict a forwarding of one or more portions of a message to one or more identified users.

- 26. The messaging system of claim 16 wherein said pre-stored messages are formatted in the form of header and body records, and wherein said header section includes address, location and status information and said body section includes message content.
- 27. The messaging system of claim 26 wherein, for a pre-stored message including attachments, said header section for an attachment includes a pointer to its associated initial message.